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**N.S. UNIVERSITIES FEELING THE SQUEEZE**
MORE FUNDING MAY BE CUT NEXT YEAR {page 4}



# ‘I DON’T CARE’
## MARCHAND NOT WORRIED ABOUT REPUTATION {page 16}



HALIFAX metro®
Wednesday, January 11, 2012
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News worth sharing!

**Firefighters.** On duty



▶ Firefighters cut through the roof of a home in Eastern Passage on Tuesday afternoon. A home at 709 Cow Bay Rd. was extensively damaged in the blaze but no injuries were reported. Story, page 3.

RYAN TAPLIN/METRO

## Home burns in Eastern Passage

# Midnight madness

### Tired and frustrated councillors emotionally debate in-camera motions



JENNIFER TAPLIN
@METRONEWS.CA

Dozens of community members sat through five hours of the Halifax regional council meeting to get to the issue of the St. Patrick’s-Alexandra school sale on Tuesday night.

And when it came, councillors eventually decided to go in-camera and were still there past midnight.

The crowd was outraged, grumbling and shouting “Shame!”

Mayor Peter Kelly said HRM’s solicitor needed to give council a piece of legal advice before debate began. He said council would return to a public session after the advice was given.

Councillors returned at 12:30 a.m., which was past press time.

At 6 p.m., Coun. Jennifer Watts announced a motion to put the sale on hold until staff could complete a report looking into the process of the deal and concerns.

It was added to the end of the agenda, and council finally got to the matter at 11 p.m.

Coun. Dawn Sloane said she wanted her questions answered in public, not private.

“I’m sure (the community’s) trust level, like mine, is at an all-time low,” she said.

Both Sloane and Watts said over the past couple of weeks that staff had maintained they would not answer councillors’ questions on the matter.

Hours after it went public on Tuesday that the daycare that operates in the school was given little notice of its eviction, staff issued a press release to the contrary. Watts said councillors weren’t given that kind of information when they asked staff previously.

“We are in charge of this house, not staff,” said an angry Coun. Reg Rankin.

Coun. Jerry Blumenthal blasted his colleagues for the debate over whether to go in-camera.

“If there’s something we can get sued on and we don’t go in-camera, we’re stupid!” he yelled.

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• love an adventure
• are the creative type
• want to make a difference
• are very organized
• have a knack for detail

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1 news

# Spanish firm to provide e-voting service

RYAN TAPLIN/METRO



▶ Coun. Dawn Sloane

JENNIFER TAPLIN
@METRONEWS.CA

Council picked the cheaper — but not local — option to provide telephone and e-voting for the next election.

Scytl Secure Electronic Voting, a Spanish firm, bid $553,007 for the contract to distribute voter notification cards and two weeks of advance polling over the Internet and by phone for October's municipal election.

Intelivote Systems Inc. from Dartmouth has previously done the work but their bid was $330,000 over Scytl's proposal.

Several councillors raised concerns about the foreign firm and the fact this will be their first Canadian election.

Coun. Darren Fisher said local firms should be given extra weight in the scoring process.

"This is such a short window that if it goes off the rails it will be a disaster," he said.

Coun. Dawn Sloane said HRM needs to buy local.

"I'd rather go with a local company period and I know it's going to cost us more," she said.

Coun. Linda Mosher countered, saying council just doesn't like change and $330,000 is a lot to spend just to buy local.

Dartmouth Coun. Gloria McCluskey said while unfortunate a local company didn't win, HRM needs to find the best bargain for the taxpayer.

Staff assured council that references were checked and they are confident Scytl can provide the service effectively and securely.

The company will now be given eight weeks to prove their product can do the job several months prior to the election.

**Advance polling**

▶ **Passed.** Council voted in favour of the advance polling contract 19-5.

# Are we on the right track?

## Discussion on commuter rail in HRM has been ongoing for 20 years



JENNIFER TAPLIN
@METRONEWS.CA

How many HRM residents would hop on a commuter train to get to work? Well, a consultant is going to find out.

Halifax regional council voted on Tuesday night to approve putting out a tender for a consultant to examine commuter train service from Windsor Junction and Enfield. The report will detail the costs, routes, ridership and who could run the service.

"I think this is long overdue and will clear up years and years of confusion," said Coun. Barry Dalrymple.

For example, the proposal uses dayliner trains and not light rail.

**"There's going to be a day when commuter rail is going to be the most popular way to get residents around."**
**COUN. JIM SMITH**

"We don't need tracks or rail cars — they're there," Dalrymple said, adding 100,000 people live near those rail lines. "We don't need new buildings, we just need parking lots."

But the big question mark is CN Rail.

"Do we know that CN is willing to participate?" asked Coun. Steve Adams. He said he wants CN to commit in writing to the idea before the HRM spends about $250,000 on the study.

Staff said CN has told them if commuter rail can run within the rail network, then it's possible.

"We're not going to get an answer from CN until we do this research," said Ken Reashor, director of transportation and public works.

Coun. Sue Uteck expressed her frustration in negotiating with CN for many years over the costs of renovating the train bridges.

The issue is now before the Supreme Court of Nova Scotia. She said CN should be financing the cost of the study with HRM.

RYAN TAPLIN/METRO



▶ A VIA train leaves the Halifax train station in this file photo.

Hatchet Job of the Year awards honour the fine art of the merciless book review. Scan the code for the story.

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**A Polish military official explains why he ended a press conference with a failed suicide attempt. More at metronews.ca/video**

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# Projects move to next phase

Two proposed Halifax developments are moving on to the next step — public consultation.

With a few concerns raised, Halifax regional council gave their initial blessing to developments planned for the former Bay building on Chebucto Road and for 6112 Quinpool Rd.

Coun. Jennifer Watts said she's heard from residents regarding concerns about traffic and parking if Eurofax Properties Inc. is allowed to add three stories of office space on top of the two existing floors of the former Bay building they bought last spring.

**Density**

▶ Coun. David Hendsbee said he thinks eight storeys isn't enough when it comes to creating density on the peninsula.

She said she was also uncomfortable with the proposal to build an eight-storey mixed-use structure on Quinpool Road when recent public consultation on the future of the area suggests the public doesn't want buildings higher than six storeys.

"Why aren't we listening to the recent consultations?" she asked.

JENNIFER TAPLIN

## News in brief

### Police looking into shooting

Halifax police is investigating a shooting from Tuesday night.

According to CTV, two people were injured after shots were fired in the parking lot of Churchill Court around 9:30 p.m.

A car and truck fled the scene after the shots were fired, CTV reports, with two injured people showing up at hospital with unknown injuries a short time later.

METRO

### Dairy truck used in heist: Cops

RCMP say thieves used the heft of a stolen dairy truck to help them yank a bank machine from the foyer of a Co-op store in western Cape Breton.

THE CANADIAN PRESS

RYAN TAPLIN/METRO



▶ Firefighters smash through the front window of a home on Cow Bay Road Tuesday afternoon.

# Fire causes major damage to home

**Section of Cow Bay Road closed for about two hours as firefighters fight blaze Fire quickly extinguished**



PHILIP CROUCHER
@METRONEWS.CA

Investigators are trying to determine the cause of a fire that extensively damaged an Eastern Passage home on Tuesday.

Halifax regional fire and emergency spokesman Dave Meldrum said they were called to 709 Cow Bay Rd. just after noon and found heavy flames in both the basement and on the main floor of the single-family house.

"The good news is there was no one inside the house — no one was injured," he said. "It was a hot fire, but firefighters did good work. They knocked it down quickly and cut a hole in the roof for ventilation purposes."

**"It's extensively damaged. I'll leave it at that."**
**CAPT. DAVE MELDRUM**

Meldrum didn't have a cause for the blaze, with fire investigators on scene by early afternoon.

Eric Warwick, who lives next door, said he didn't realize anything was wrong when he stepped outside of his house on Tuesday with his dog, but then smelt smoke and heard a dog barking.

It was soon after that firefighters arrived, he said.

"The firefighters showed up and broke the door down and then there was smoke everywhere," he said. "Flames were coming out of the windows and front door."

Warwick said he believes the homeowner was in his backyard cutting wood when the fire started and only learned of the blaze when firefighters arrived.

# NDP releases jobs forecast

After months of refusing to discuss job targets related to their economic development strategy, the provincial government has released extremely specific projections for "new and future jobs."

According to Nova Scotia's Department of Economic and Rural Development and Tourism, decisions or expenditures made by government and Nova Scotia Business Inc. since June 2009 will result in between 1,929 and 3,194 "new and future jobs" by 2017-18.

That's an increase of between 0.42 per cent and 0.69 per cent over December 2011 employment levels. It also assumes staffing requirements for the businesses supported by the department continue as planned over the next five to six years.

RYAN TAPLIN/METRO



▶ Geoff MacLellan

The department estimates it has supported 6,485 existing jobs between June 2009 and September 2011.

Opposition parties have been calling on the NDP for months to detail targets for their $200-million JobsHere strategy, released in November 2010. Those demands continued Tuesday at a meeting of the standing committee on economic development.

**$248,000**
**Money spent on marketing JobsHere, the NDP's $200-million economic-development strategy.**

"If you're investing taxpayers' dollars, then it comes back to … a range (of job-creation targets)," said Glace Bay MLA Geoff MacLellan.

Sandra MacKenzie, acting deputy minister, said her department prefers to focus on growth in sectors which the government invests in.

"It's a choice, I suppose, that we're making in terms of looking at the goals we're trying to achieve with specific industries," MacKenzie told reporters. ALEX BOUTILIER

# School board notice too short: MLA

The MLA for Bedford-Birch Cove says the Halifax Regional School Board should have provided more notice for a meeting that could have "major impacts" on the Bedford school district.

But HRSB spokesman Doug Hadley said the board is complying with its policy.

Kelly Regan issued a press release Tuesday, saying the proposed changes will fundamentally alter the school boundaries and could remove all students from Waverly Road School.

Regan suggested the week's notice given isn't enough "to discuss changes of this magnitude."

RYAN TAPLIN/METRO



▶ Kelly Regan

"The parents who have contacted me are frustrated by the lack of advance notice," Regan said in the release.

But Hadley said schoolboard policy only requires six days notice.

"We would probably have advertised it a little earlier, but we didn't want to be accused of advertising it over the Christmas break," he said. "So we waited until schools came back in.… It was finalized I believe in late December and given by the review committee to the board and we advertised it right away."

The meeting to discuss the proposed changes will take place at the Basinview Community School at 7 p.m. on Thursday.

ALEX BOUTILIER



# More cuts expected in 2013

## Province aiming to cut post-secondary education funding by 10 per cent by 2013-14



ALEX BOUTILIER
@METRONEWS.CA

Nova Scotia universities may be facing further cuts of up to three per cent next year.

The Department of Labour and Advanced Education advised the province's 11 universities last fall that they should expect further cuts to their operating grants.

According to Deputy Minister Jeff Conrad, no final decision has been made on the operating grant for universities in 2013-14.

"What we've said to them is we're anticipating, given the fiscal situation of the province, that they should thinking in the range of overall up to ten per cent (over three years)," Conrad said on Tuesday.

"(But) budget decisions for (next year) are ways out there yet, so it depends on the fiscal situation of the province."

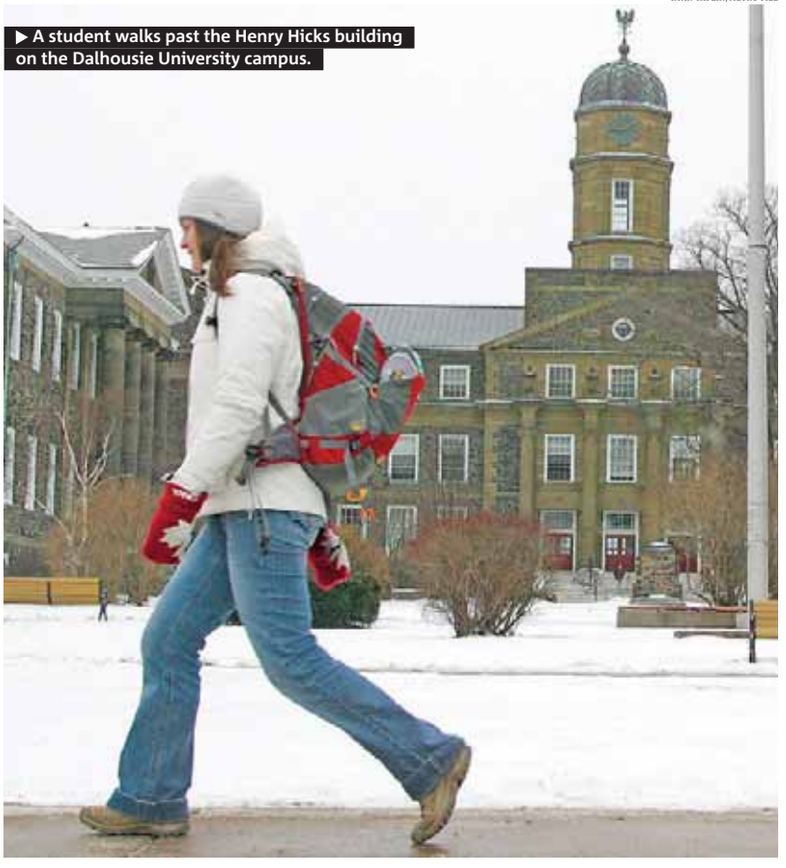
**$324M**
**The provincial operating grant for Nova Scotia's 11 universities in 2012-13.**

Since assuming power in 2009, the NDP have cut grants to universities twice – by four per cent in 2011-12, and three per cent in 2012-13. If another three per cent cut comes next year, the government would reach its stated objective of a 10 per cent cut over three years.

Last week, Labour and Advanced Education Minister Marilyn More unveiled a new three-year memorandum of understanding with the universities.

The MOU did not address funding levels for 2013-14, but requires the province to inform universities by Dec. 31.

RYAN TAPLIN/METRO FILE



▶ A student walks past the Henry Hicks building on the Dalhousie University campus.

# Killer receives life sentence

A former Windsor man has been sentenced to life in prison after pleading guilty to three counts of first-degree murder dating back more than 11 years.

Turning to face the family members of one of his victims on Tuesday, John Michael Lawrence said, "If I could live my life over, what happened would not have happened."

Lawrence, 37, who was incarcerated at the Springhill Correctional Facility when charges were laid in December 2010, pleaded guilty to three counts of first-degree murder in Supreme Court in Kentville.

Lawrence told the court he is sorry for the pain he's caused the families and for what he had done.

He has confessed to the murders of Charles Maddison, Kirk Mersereau and Mersereau's wife Nancy Christienson in September 2000.

Justice Gerald Moir handed Lawrence a life sentence on each of the three first-degree murder charges, with no eligibility for parole for 25 years.

NOVA NEWS NOW

# Coun. says no way to community policing cuts

Halifax Regional Police's budgetary belt-tightening should not include a cut to Dartmouth East's community policing, according to the area's councillor.

East Dartmouth-The Lakes Coun. Darren Fisher said on Tuesday the suggestion to close its community police office at the Dartmouth East Community Centre on Caldwell Road is a non-starter.

"Crime avoidance by police presence can not be measured," Fisher wrote in an email. "A Regional Police office in an HRM owned building in a small space designed specifically for them is a no brainer for our community and must not be closed."

The police centre is housed in the community centre which also serves as the area's Boys and Girls Club. It was one of the budget cuts suggested by HRP at a meeting of the Board of Police Commissioners on Monday.

RYAN TAPLIN/METRO



▶ Darren Fisher

Police spokesman Const. Brian Palmeter said it's not a cut the force wants to make.

"We were asked to come in with a … flat budget. We also have to accept raises and things of that nature. So that means we're looking at almost a four per cent cut in our budget," he said. "They had to come up with some cost saving measures, and that was one of the proposals."

According to Palmeter, wages account for approximately 95 per cent of HRP's budget, which came in at $75 million in 2011-12.

ALEX BOUTILIER

**Final approval**

- Const. Brian Palmeter noted it's still up to the Board of Police Commissioners, comprised of two councillors, Mayor Peter Kelly, and four citizen volunteers, to approve the cuts.
- Final budgetary approval rests with Halifax regional council.

# Iniative to promote benefits of local wood

The federal government is spending $500,000 to encourage the use of Atlantic Canadian wood in regional construction projects.

The two-year expenditure announced on Tuesday will go toward Atlantic WoodWorks, an initiative led by the non-profit Maritime Lumber Bureau.

The initiative is an expansion of a national Canadian Wood Council program. THE CANADIAN PRESS

# Storm on the way

It looks like there is a significant snowfall coming our way.

The Weather Network is forecasting us much as 15 centimetres of snow as a system moves through late Thursday that will first bring the white stuff, then rain. METRO

RYAN TAPLIN/METRO



▶ An HRM plow.

# Popular dinner party show coming to PEI

W Network's Come Dine With Me Canada is coming to Prince Edward Island.

The popular show follows five strangers as they compete to throw the perfect dinner party for their fellow amateur chefs.

Over the past two seasons, the show has been restricted to Ontario, but for Season Three, Tourism Prince Edward Island is helping bring the show to the East Coast.

CHARLOTTETOWN GUARDIAN

# Four dead in northern Ontario airplane crash

## Plane caught fire after crashing, safety board rep says

ELISHA DACEY
@METRONEWS.CA
METRO CANADA IN WINNIPEG

Four people are dead and one was airlifted to hospital after a Winnipeg Keystone Air flight carrying five people crashed in northern Ontario Tuesday morning.

Peter Hildebrand, regional operations manager for the Transportation Safety Board of Canada, confirmed three passengers and the pilot perished when the lightweight Piper PA 31 plane slammed onto North Spirit Lake, nearly a kilometre from the airport at North Spirit Lake reserve.

The crash happened just after 10 a.m., said Hildebrand, adding it was his understanding the plane caught fire after crashing.

A person reached at the Thunder Bay Aboriginal Strategies Inc. office, speaking on condition of anonymity, confirmed two of its employees, Colette Eisinger and Ben Van Hoek, died in the crash. No one answered the phone at ASI's downtown Winnipeg office.

A North Spirit Lake resident by the name of Martha Campbell also died. The name of the pilot and the name of the male survivor have not been released.

Band councillor Maggie Kakegamic said the lone survivor is a friend of hers, but didn't know the extent of his injuries or his prognosis.

"I went and saw him. He said, 'I'll be OK.' I hope he is. He's one of our workers. They're monitoring him right now."

George Riopka, spokesman for Keystone Air Service, said details were sketchy. It was too soon to know whether the crash was caused by mechanical failure, he said.

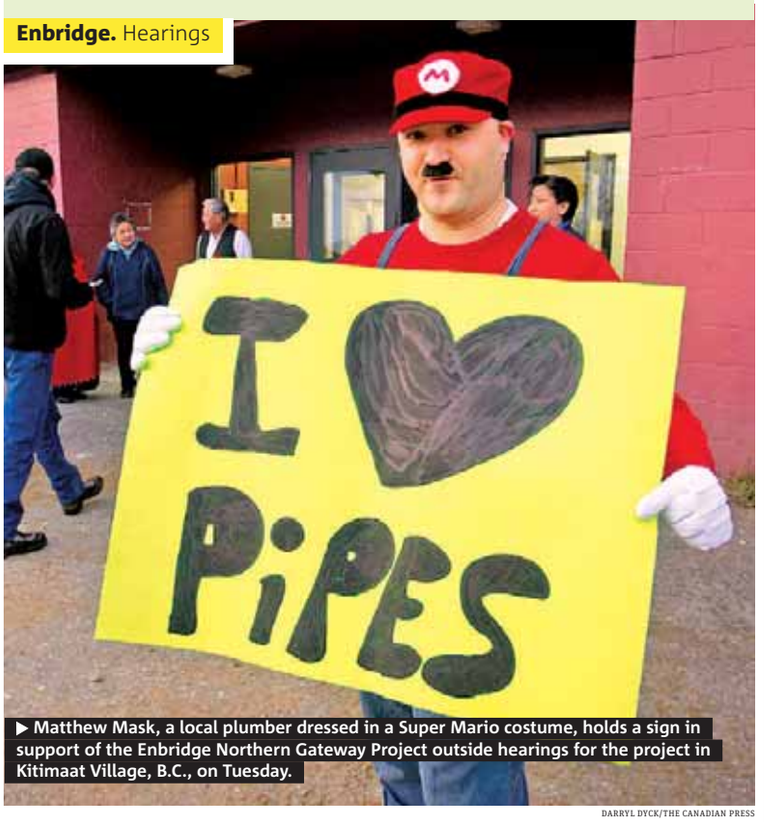
Witnesses said the plane was trying to land during a severe snowstorm, but Riopka said there was nothing to indicate the weather was poor.

Hildebrand said the board will have more information Wednesday. Access to the reserve is available only by winter roads and plane. **WITH FILES FROM THE CANADIAN PRESS**

### Fatal flight

- The distance the plane can fly varies depending on the weight it is carrying, but the Transportation Safety Board of Canada said the plane was well within normal flight range.

**Enbridge.** Hearings




▶ Matthew Mask, a local plumber dressed in a Super Mario costume, holds a sign in support of the Enbridge Northern Gateway Project outside hearings for the project in Kitimaat Village, B.C., on Tuesday.

DARRYL DYCK/THE CANADIAN PRESS

## Piping up about the pipeline

**Thousands of people have registered to speak at the hearings regarding the proposed $5.5-billion project to pipe Alberta oil 1,200-kilometres across Alberta and British Columbia to the northwest coast community of Kitimat, where the oil will be shipped overseas by oil tankers.**

# Youths charged in child's shooting on reserve

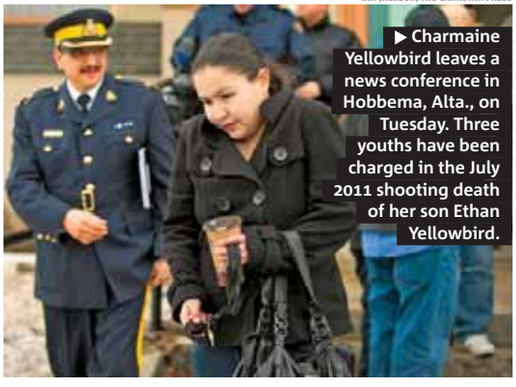
Chief Marvin Yellowbird hopes members of his reserve in central Alberta will keep talking with police so more arrests are made in unsolved crimes, just as they have been in the killing of his five-year-old grandson.

RCMP announced Tuesday they have charged three teenage boys with manslaughter in last summer's fatal shooting of Ethan Yellowbird. The boy was sleeping in his bed when a bullet fired from outside his bedroom wall struck him in the head.

It was the second shooting that day on the Samson Cree reserve, one of four that make up the crime-troubled Hobbema community about an hour's drive south of Edmonton.

The Samson First Nation has struggled with gang violence for years, and the boy's death served as a tipping point of sorts for residents, who were often reluctant to speak out about crimes and their perpetrators.

IAN JACKSON/THE CANADIAN PRESS



▶ Charmaine Yellowbird leaves a news conference in Hobbema, Alta., on Tuesday. Three youths have been charged in the July 2011 shooting death of her son Ethan Yellowbird.

**"I can begin my healing journey. My son will always be in my heart and my memory."**
**STATEMENT WRITTEN BY ETHAN YELLOWBIRD'S MOTHER, CHARMAINE ASHLEY YELLOWBIRD**

The chief and the RCMP issued public pleas for people to come forward with information in the case — and they did.

RCMP said two of the accused have appeared in court and a warrant has been issued for the third. He is believed to be in Edmonton or nearby Red Deer.

Investigators would not provide details about the suspected motive for the shooting, but described the three accused as having ties to gangs. About a dozen gangs have been fighting over the drug trade on the reserve over the last few years. **THE CANADIAN PRESS**

## Stolen meteorite recovered

A meteorite that landed in Russia in the 1940s and was recently stolen from the University of New Mexico in Albuquerque has been found.

The museum contacted an association of meteorite collectors and a Missouri man responded that he had bought it for $1,700. It's worth between $20,000 and $40,000.

The Meteorite Museum at UNM flew an employee to retrieve the nearly 9.5-kilogram chunk of space. **THE ASSOCIATED PRESS**

## Romney wins New Hampshire primary

Mitt Romney won the all-important New Hampshire primary on Tuesday, marching a step closer to his coronation as his party's presidential nominee. **THE CANADIAN PRESS**

ELISE AMENDOLA/THE ASSOCIATED PRESS



▶ Mitt Romney

## Woman fired for forging daughter's death certificate

A New York City school employee who forged a daughter's death certificate to get extra vacation time in Costa Rica has since been fired.

Joan Barnett, 58, a parent co-ordinator at the High School of Hospitality and Management, submitted an altered death certificate to get approved leave time in March and April 2010, according to an investigation report. **THE ASSOCIATED PRESS**

LARS HAGBERG/THE CANADIAN PRESS



▶ Tooba Mohammad Yahya and her son Hamed Shafia are escorted to the courtroom at the Frontenac County Courthouse in Kingston, Ont., on Tuesday.

# Theatrical testimony at Shafia murder trial

## Yahya claims honour killing is a new concept to her

A courtroom in Kingston, Ont. was witness to dramatic legal theatre Tuesday, as a woman accused in a so-called quadruple honour killing was confronted with a video appearing to directly contradict her testimony.

Tooba Yahya, 42, is one of three family members accused of killing her three daughters and her husband's other wife.

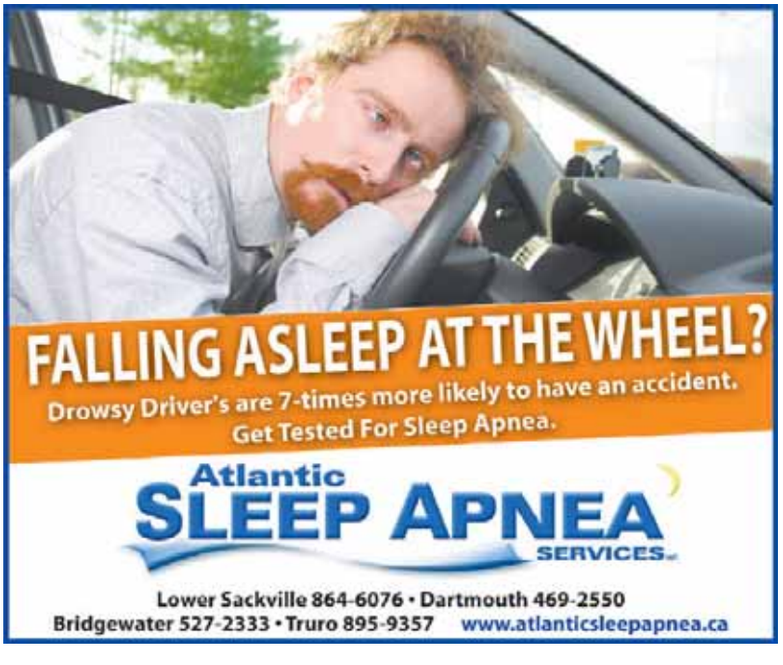
The Crown alleges the killings were precipitated by anger, in particular from patriarch Mohammad Shafia, that daughters Zainab, 19, and Sahar, 17, had boyfriends. The family said that Zainab was forgiven and Shafia didn't know Sahar had a boyfriend.

Shafia found a photo album containing photos of Sahar and her boyfriend following the deaths on June 30, 2009, Yahya testified. So why, the Crown asked, are there video clips from days earlier showing Shafia thumbing through that same album? "Sir, if I show my home to you I have tons of albums that are all the same," Yahya replied.

### The lie

- **In an interrogation,** Yahya told police they were at the scene the night of the deaths. She said all she knew was that she heard a splash, fainted and woke up later in a motel.
- **She testified Tuesday** that was a lie, made up to protect Hamed.

The three daughters and wife were found in a car at the bottom of a canal in Kingston. THE CANADIAN PRESS




# If you build it, they may not come: Banks

The robust Canadian housing sector, especially the booming condo markets in Vancouver and Toronto, could be at risk in 2012, say the heads of some of Canada's biggest banks.

Gordon Nixon, president and CEO at Royal Bank, told a banking conference Tuesday that the Canadian housing market could be headed for a slowdown, led by Vancouver and Toronto.

"When you look at the condo side, there is probably vulnerability.... It is the area which is most vulnerable with respect to Canadian housing," he said.

Bank of Montreal president CEO Bill Downe agreed there is a risk of a downturn, saying the best hope is for a soft landing.

"There is no question that the warning signs around the Canadian housing market have been visible for more than a year," he said, also mentioning Toronto and Vancouver.

He said investor-owned properties are a concern because there is a buildup of supply based on investor expectations that there will always be demand.

Downe said the hope is — "and I think it's a realistic hope" — that the housing market will plateau and the system will absorb the excess supply built up in those two cities.

The comments of the CEOs came as data showed that housing starts rose more than expected in November to more than 200,200 units, with condos in Toronto and the Atlantic region leading the way.

The influx of multi-unit construction has led some economists to warn of overbuilding, which could leave a glut of unsold homes on the market in the case of a downturn.

A downturn in demand would also likely lead to an easing of Canadian home prices, which The Economist magazine recently declared are about 25 per cent overvalued.

Interest rates are not expected to increase in the coming year, but analysts noted that Canadian households are already at record high debt levels and the growth of both jobs and income has stalled. THE CANADIAN PRESS

**Market moment**

PRICES AS OF 5 P.M. TUESDAY

| TSX | Dollar |
|---|---|
| + 7.394 (12,270.66) | + 0.57¢ (98.33¢ US) |
| **Oil** | **Natural gas** |
| + 93¢ US ($102.24 US) | $3.00 US (- 0.9¢ US) |
| | **Gold** |
| | $1,631.50 US (+ $23.40 US) |

**Defect.** Redesign



▶ Boeing employee Brian Rothwell displays redesigned flooring, which has decreased defects, on the 737 plane production line at the company's Renton, Wash., factory on Tuesday.

STEPHEN BRASHEAR/THE ASSOCIATED PRESS

## Boeing boosts production on 737

**Boeing celebrated the increase in the production rate of the 737 line to 35 planes per month at the Renton factory.**

## Google gets personal on Plus network

Google is sifting through the photos and commentary on its blossoming social network so its Internet search results can include more personal information.

The additional personal touches mark another step towards one of Google's most ambitious goals — to know enough about each of its users so it can tailor its results to fit a unique person's search interests.

People should start seeing different search results more frequently now that Google Inc. is importing content from its six-month-old Plus service, a product introduced to counter the popularity of Facebook and Twitter. Google's search results page will also start highlighting more content from photo service, Picasa. The preferential treatment for Plus might amplify concerns about the objectivity of Google's search results. THE ASSOCIATED PRESS

# FAT CHANCE FOR MINISTRY OF CHILDHOOD OBESITY

## JUST SAYIN' ...

PAUL SULLIVAN
METRO



What's the matter with kids today?

Well, they're fat and getting fatter. According to the Canadian Childhood Obesity Foundation, 26 per cent of the little darlings between the ages of two and 17 are overweight or obese.

In 1978, the number was 15 per cent, so the problem is getting heavier, so to speak.

In case you're not clear on the terms, overweight is fat and obese is fatter.

So now that Canadian parents are raising a generation of porkers, what do we do about it?

Well, we don't do anything. Instead we demand that the government do something. It's the Canadian way.

**"An Ipsos Reid poll published this week shows that a big fat majority of Canadians want the government to: pass a law requiring fast food restaurants to list calories, fat and sugar content on their menus (90 per cent); restrict the marketing of high fat, sugar and salt content foods to children (80 per cent plus) or ban it altogether (two-thirds)."**

And they want "resources" to help parents and children become active and healthy. I guess the 52 million plus results on Google aren't enough.

Let me help. You go to Google, type in "childhood obesity in Canada" and the first thing that comes up is the Childhood Obesity Foundation website, and on every page — you can't miss it — is the solution, called Four Simple Steps: Five fruits and vegetables a day; two hours of screen time or less per day; one hour of physical activity a day; zero sugar-sweetened beverages per day.

That's it. No need for government "resources" (code word for money); no need for a Ministry of Childhood Obesity overstuffed with civil servants telling you and your kids how to eat.

It's time to go on a government diet. Instead of looking for a Super Nanny State to take care of your kids, just follow the Four Simple Steps. I guarantee that if every kid follows the plan, there will be no childhood obesity.

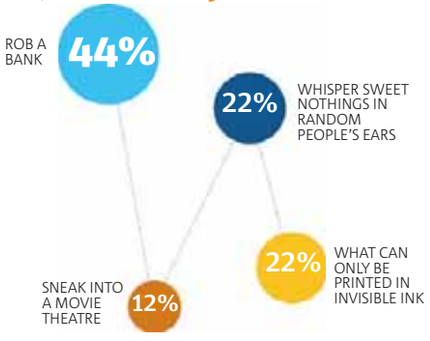
Of course, the real problem is sitting on the couch reading this column. Almost 60 per cent of Canadian adults are overweight or obese (Remember? Fat and fatter?) It's do as I say, not do as I do, and you know where that gets you.

I'm no better than you are. My own kids are still recovering from a fast-food childhood. Not to mention their parents. But, really, it's time to stop looking for scapegoats and "resources." As that skinny Euro guy on the bank commercials might say: Save your kids.

*Read more of Paul Sullivan's columns at metronews.ca/justsaying*

## Register at metropolitanpanel.ca and take the quick poll

**If you could be invisible for five whole minutes, what would you do?**




## Local tweets

- **@firecatkitty:** Don't care if they were given 2 months notice or 2 days. HRM is still evicting a program that feeds hundreds of poor kids. #halifax #stpats
- **@Patrick:** Crosby @metrohalifax I think the #NHL went soft on #Bruins Marchand, I think he should have gotten 10 games, he did cause a concussion
- **@Nic Moran:** @metrohalifax they where right to suspend Brad Marchand. It was a dirty hit, way to low. I hope someone teaches him a lesson to#Bruins #NHL
- **@redteamleader:** Stormy day! Crazy snow/ice pellet/freezing rain combo covering my back porch #Halifax
- **@SahandSaadi:** Anyone know of any secret parking spots I can park my car all day in near dalhousie? #halifax
- **@NerdyJo3:** Why is every pedestrian around Halifax absolutely drunk beyond Tuesday standards tonight? #lol
- **@GoGobotGo:** Will be in Halifax 1 month from today! Can't wait! #Olands #Donair

LAURA-CHASE MCGEHEE/THE ANNAPOLIS CAPITAL/THE ASSOCIATED PRESS PHOTOS

**Daily Zoom**

# A case of Curious George





## Stomach of (stainless) steel

An X-ray from a veterinary hospital shows a spoon lodged in Vincent's stomach. THE ASSOCIATED PRESS

## This dog is a spoonful

Vincent, a nine-year-old Labrador retriever, holds a spoon in his mouth at his home in Annapolis, Md. The dog recently underwent surgery to have the utensil removed from his stomach.

THE ASSOCIATED PRESS

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2 scene

# Good box office vibes

**Marky Mark is making bank with his films ◗ Though he's not likely to get critical acclaim**

## IN FOCUS

RICHARD CROUSE
SCENE@METRONEWS.CA



"I've always looked at my career as an athlete would look at his," said Mark Wahlberg, star of this weekend's thriller Contraband. "I won't play forever. Some don't know when to walk away, but the smart ones do."

Wahlberg has proven himself to be one of the smart ones. In a career that dates back 20 years, he has moved from strength to strength.

His first taste of success came as the titular lead rapper of Marky Mark and the Funky Bunch. Their 1991 hit Good Vibrations was a highpoint, but just two years later, Wahlberg walked away, leaving the Funky Bunch to fend for themselves.

Streamlining the Marky Mark moniker to his birth name, he took on his first role in front of the camera (that is if you don't count his short lived career as an underwear model for Calvin Klein). Roles in The Basketball Diaries (opposite his future The Departed star Leonardo DiCaprio) and Fear, where he played what one writer called "a teenaged Travis Bickle" got him notice, but it was Boogie Nights that made him a movie star.

The role of Dirk Diggler, a naïve man with physical charms sucked into the dark underbelly of the 1970s Californian porn industry, showed his range (among other things) but he wasn't the first choice for the role. DiCaprio was offered the part but turned it down because he was already committed to Titanic. He suggested his Basketball Diaries co-star Wahlberg.

The movie was a hit, but a certain prosthetic got almost as much attention as Wahlberg's performance. He still has the 13-inch rubber prop, which he keeps in a safe at his mother's home, otherwise, he says, "mom would… put it on the end of her Dustbuster thinking it came with the vacuum cleaner."

Since then Three Kings, The Perfect Storm, The Italian Job, Shooter, We Own the Night, Planet of the Apes and Four Brothers have all been box office hits. His work in The Departed brought him the best notices of his career to date plus an Oscar nomination and The Fighter (which he also produced) was an artistic triumph.

Despite all the spot-on choices, like many actors he's turned down some important roles. Can you imagine him as Linus in Ocean's 11? Or how about Brokeback Mountain? That part went to Jake Gyllenhaal, who earned an Oscar nod for his work.

GETTY IMAGES



▶ Mark Wahlberg continues to make financial successes, while turning down more important roles.

### Mad Men



Mad Men last aired a new episode in Oct. 2010. But relief is in sight, according to its star, Jon Hamm. Hamm revealed on a podcast last week that the premiere of the fifth season is Mar. 25.

THE ASSOCIATED PRESS

**Coachella festival announces headliners Radiohead, The Black Keys and Dr. Dre with Snoop Dogg**

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# Lifestyles of rich and famous: infant edition

## Jay-Z and Beyoncé splash the cash for their new born

ALL PHOTOS GETTY IMAGES



▶ 'Money ain't a thang' for Jay-Z and Beyoncé's new child.

### THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA



Let's spend our time together this morning checking in on America's version of a royal birth, shall we? I speak, of course, about Blue Ivy Carter, who, according to a press release from her two very famous parents, had a very "emotional and extremely peaceful" birth. And, per the release, came into the world "naturally" (no C-section). You hear that? Not only was the birth peaceful, it was "extremely" so, meaning that Beyoncé does not vomit or poop herself while bringing life into this world. I doubt she even grimaced or cursed, she is that perfect. Another perfect thing? This baby's bling lifestyle. Beyoncé and Jay-Z reportedly spent $1.5 million on designer toys and nursery furnishings for the newborn.

"Jay-Z bought Beyoncé a solid gold handmade Ginza Tanaka rocking horse for $600,000. They've even splashed out on a $30,000 magical windmill playhouse for the garden and a mini Bugatti car, too," a source tells Britain's Star magazine. "They've bought a wardrobe packed with thousands of dollars' worth of one-off designer baby clothes."

Other items reportedly include a Swarovski crystal-encrusted high-chair, a chic lucite crib and gold and diamond rattles from Tiffany & Co.

## Talking points

### Snoop Dogg busted for pot possession

**IN OTHER NEWS, SKY STILL BLUE.** Snoop Dogg was arrested for marijuana possession in Texas when a police dog sniffed out some weed on his tour bus recently, according to TMZ.

Law enforcement officials say the discovery came during a routine border patrol stop in Sierra Blanca and that the rapper was issued a citation for misdemeanor drug possession and released.

Snoop has a prescription for marijuana in California, but that might not mean much in Texas. METRO

### Perry bails on People's Choice

**BETTER THINGS TO DO** Katy Perry was set to take part in the People's Choice Awards Wednesday, her first public appearance since husband Russell Brand filed for divorce, but now she's skipping out on the show.



"Unfortunately I will not be able to attend the People's Choice Awards," Perry posted to Twitter. "I want to thank you all for voting for me. Fingers crossed!" METRO

### Celebrity tweets



@evanrachelwood

"Yes, sometimes celebrities don't wear make up. Shocking, I know. But we can get through this."



@ChloeGMoretz

"When u don't get a reply on ur text but u see him tweeting #Classy"

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3 life

## Travel in brief



Penticton, B.C. is one of the 10 best places in the world to visit, according to a survey of Facebook users by the on-line publication The Huffington Post. The publication says it analyzed more than 200 million comments and other travel references on the social network site to come up with the list. The article says Penticton — nestled in the Okanagan Valley about a five hour drive east of Vancouver — is becoming a year-round vacation hot spot with its beautiful beaches, a burgeoning wine industry and many outdoor activities. Eric Sorensen, chair of the Penticton Business Development Group, calls the ranking a "huge coup" for his city.

THE CANADIAN PRESS

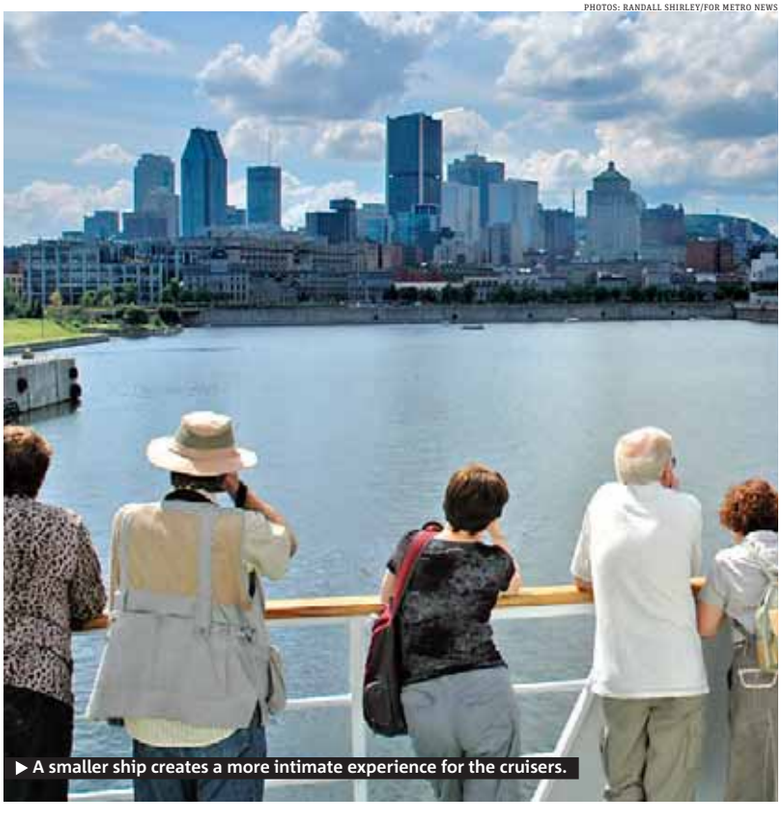
Indiana trumpets 46 'super' sandwiches for competition catering to Super Bowl fans

# Cruising In style

**Forget those giant city ships that can carry more than 6,000 cruisers**
**Premium cruise lines offer a luxury experience, complete with a butler**

RANDALL SHIRLEY
LIFE@METRONEWS.CA

PHOTOS: RANDALL SHIRLEY/FOR METRO NEWS



▶ A smaller ship creates a more intimate experience for the cruisers.

It's remarkable to watch an active volcano from the deck of a cruise ship in the middle of the night — especially in Europe.

The experience was not on our original itinerary, but it's the kind of unusual experience Captain Carl Smith loves to find and share with passengers onboard the Azamara Quest.

The deck lights are turned off, and passengers line the ship's decks to watch in awe as Italy's Mount Stromboli spews orange lava into the sky.

"I love my job!" Smith tells his passengers. And it shows; the captain even welcomes passengers to join him for a hike in Kotor, Montenegro — basically a "free" shore excursion. I've never seen any other cruise captain engage with passengers like this.

Cruising on a premium line with smaller ships creates a more intimate experience than the mass-market mega ships (some now carrying more than 6,000 passengers). For a price, passengers of Azamara, Regent Seven Seas, Seabourn, Crystal, and other premium, smaller-ship lines get an upscale experience with added value. The bonuses vary from line to line, but can include such things as airfare, shore excursions, or hotels before or after the cruise.

With a capacity of only about 700 passengers, the Azamara Quest isn't exactly a private yacht, but she's small enough to feel intimate, especially with a ratio of one staff member for two passengers — who are mostly adults on our sailing. Stepping aboard the Quest, my partner remarks that the ship's sophisticated and refined decor reminds him of a Farimont hotel. The Azamara cruise fare includes basic gratuities. It also includes wine selections with lunch and dinner.

The food is the best I've ever eaten on a ship — good enough to tempt us away from Italy's restaurants and back onboard for dinner. Azamara offers long stays in some ports; with departures as late as 11:00 p.m., it's often possible to dine in port.

Our oversized stateroom (a "Club Continent Suite") includes a large balcony where our butler serves our requested breakfasts. Dining with the Italian coastline in sight is truly a dolce vita experience.

Toward the end of the voyage I hear many fellow passengers dreaming of their next Azamara trip. With a huge variety of ports and itineraries available, we're tempted to do the same.

But it's not just the itineraries that tempt us; it's the intimate feel, refined service and the personality of the crew — from the captain down — that may lure us back on board.

RANDALL SHIRLEY IS A FREELANCE WRITER AND THE EDITOR OF MEETMEONBOARD.COM, WHICH FOCUSES ON GAY CRUISE TRAVEL. HIS RECENT MEDITERRANEAN SAILING WAS COURTESY OF AZAMARA CLUB CRUISES.

## Still a classic: The Love Boat itinerary

While the '70s TV series The Love Boat didn't invent cruising, it was a huge visibility boost to the industry.

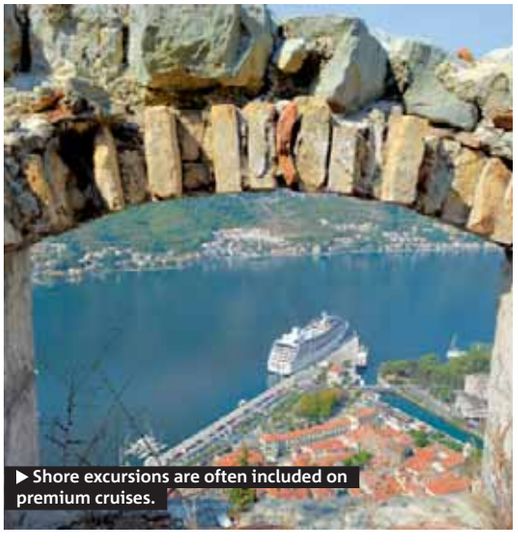
The Pacific Princess isn't making another run to the Mexican Riviera this season, but her sister ship, Sapphire Princess, is. Other lines, including Holland America, Disney and Carnival, offer itineraries starting in L.A. or San Diego, with stops in Puerto Vallarta and Cabo San Lucas. Love Boat port Mazatlan is sometimes included.

It's not likely your cruise director will be as concerned about your love-life as Julie McCoy was, but it's still a pleasant trip and often value-priced.

RANDALL SHIRLEY

### If you go...

- **Azamara** azamaraclubcruises.com
- **Regent Seven Seas** rssc.com
- **Seabourn Cruises** seabourn.com
- **Crystal Cruises** crystalcruises.com



▶ Shore excursions are often included on premium cruises.

**My favourite spot in Canada**

# CATHY JONES: ST. PHILIP'S, NFLD.

CH IMAGES/FLICKR



My favourite place in Canada is St. Philip's, Nfld.

As a child, it fed my mind and heart with magic. I remember an old wooden bridge where fishermen always stood gutting cod and throwing the heads into the water behind them. It was bloody amazing. Bloody and amazing. The icy water would take ages to get into for a swim, but we'd stay until our lips were blue, townies from St. John's splashing around with mysterious wild Bay children and their funny accents.

Away from the beach, the grass stretched out lazily along a freshwater gully where my mother would sit in the shade painting watercolours, while Dad boiled the kettle on the Coleman stove. We'd climb the hill behind there, sneak up on cattle in fields, and explore the ancient church and graveyard where people with old names like Jedediah and Anselum lay buried.



"Let's GO!"

When we heard that, it was time to pack it up. Sometimes I would cry inconsolably from the heartbreak of leaving.

Going there taught me so much: that the natural world is devastatingly beautiful and cruel, and that life is like a day at the beach: too hot, too cold, too salty, too sweet. And too short altogether.

**A CANADIAN COMEDY ICON, CATHY JONES CURRENTLY STARS IN THIS HOUR HAS 22 MINUTES AIRING TUESDAY AT 8:30 P.M. ON CBC TELEVISION (9 P.M. IN ST. PHILIP'S AND OTHER TOWNS IN NEWFOUNDLAND)**







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# Ibiza's new era

**Renowned for its wild ways, the Spanish island of Ibiza doesn't strike many as a place of quiet refuge and gentle reflection**

**But Nick Boulos gets in a kayak and discovers its secret side**

NICK BOULOS
LIFE@METRONEWS.CA

"Kayaking is the perfect way to see the island," said Paolo, my Ibiza guide, as we paddled into yet another absurdly beautiful bay. I looked along the shore for hungover party animals but there wasn't a soul to be seen. Water gently lapped against my kayak, a light but cooling breeze rustled my hair; birds soared overhead, vanishing beyond the plunging cliffs and lush hillsides. It seems the legendary clubbing island has a softer side.

Fast emerging as a destination for those in search of gentle adventure amidst untouched surroundings, Ibiza is slowly re-inventing itself. It's still a home to the world's mega-nightclubs, which have seen DJs like Pete Tong and Carl Cox, not to mention acts like Florence & the Machine and The Streets. But there's life outside the VIP room.

**"I gazed out to sea and up at the gleaming clifftop. 'This is one of the most spectacular corners of Ibiza, but hardly anyone ever comes here,' said my guide."**

It's possible to kayak any stretch of Ibiza's 210-kilometre shoreline, so Paolo and I had a tough decision to make. We had originally opted for Cala Nova on Ibiza's eastern coast but gusty winds forced us to rethink, and we eventually settled on the dramatic southern shores, home to a string of picturesque lagoons frequented by fisherman rather than bronzed tourists.

We set off from the small pebbled cove of Es Torrent, home to just one nice but overpriced beach bar, and glided east along the craggy shoreline. Sheltered from the open water by Ses Illetes, a collection of rock formations just offshore, there was barely a ripple to be seen. I gazed out to sea and up at the gleaming clifftop mansions belonging to a select few who woke daily to these stunning vistas. The tepid water — a mesmerising shade of jade — was as still as it was clear. Below, clinging to the seabed and swaying in the current, were long strands of Neptune's Grass, a species of seaweed only found in the Med.

The silence was broken by Paolo. "This is one of the most spectacular corners of Ibiza, but hardly anyone ever comes here," he said slowly and quietly. This really was a local hangout, a secret spot to escape the madness of the island. Just keep it to yourself.

## 3 TOP OUTDOOR EXPERIENCES

### WALKING
**Download maps at ibiza.travel**

- Ibiza is a walker's paradise, with trails across the island. Take the 11-km circular route from Sant Mateu for coastal views and a taste of the countryside dotted with olive groves and farmhouses.



### CYCLING

- With more than 20 dedicated biking routes, there's something for every cyclist. The 13-km road from Santa Eulalia to Santa Gertrudis is recommended, while the brave should try the 40-km Cala Sant Vicent route.



### KITE SURFING

- Experience the thrill of kite surfing, the latest craze to grip the island.
The northern coast — favoured for its waves and strong winds — is ideal.






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**Orlando** Family Special Air + 7 Nights from $279◊ + taxes & fees $286
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**Miami** Air + 3 Nights from $589 + taxes & fees $116
INCLUDES central accom in South Beach. UPGRADE to 4-star accom from $57 per night. ADD Everglades tour from $98.

**New York City** Valentine's Day Weekend Air + 3 Nights from $624 + taxes & fees $145
INCLUDES accom in Times Square. UPGRADE to 4-star accom from $40 per night. ADD Empire State Building from $22.

**New Orleans** Air + 3 Nights from $869 + taxes & fees $142
INCLUDES central French Quarter accom just a block from Bourbon Street.

**Vacations**

**London** Air + 7 Nights from $650 + taxes & fees $614
INCLUDES central accom near Kensington, Chelsea and Knightsbridge. ADD Shakespeare's exhibit and Globe tour from $16.

**Thailand** Air + 8 Nights 4-Star from $998 + taxes & fees $511
INCLUDES Bangkok accom near shopping, business and entertainment districts.

**Australia** Air + 8 Nights from $1999 + taxes & fees $697
INCLUDES airfare to Brisbane and downtown accom. UPGRADE to 4.5-star accom from $11 per night. ADD Tangalooma day cruise from $111.

**Canada**

**Montreal** Air + 3 Nights 4-Star from $409 + taxes & fees $121
INCLUDES central accom near the Bell Centre. UPGRADE to 4.5-star accom from $12 per night.

**Niagara Falls** Valentine's Day Weekend Air + 3 Nights 4-Star from $479 + taxes & fees $141
INCLUDES airfare to Toronto, 3-day car rental with unlimited mileage and accom on Falls Ave.

**All-inclusive Vacations**

**Bahamas** 3 Nights 3.5-Star from $219 + taxes & fees $291
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# It's not just for Christmas

**The holidays may be over, but this lean meat can be enjoyed at any time of the year Try stuffing it with a combination of sweet apples & savoury herbs Serve with mashed potatoes**

In this recipe, the combination of sweet apples and savoury herbs infuse into the turkey, creating a tender and flavourful experience with every bite.

Serve it with green beans and mashed potatoes for a complete meal.

THE CANADIAN PRESS H/O




▶ This recipe makes two to four servings.

## Preparation:

1. Heat oven to 190 C (375 F). In bowl, place bread, onion, celery, apples, sage and 7 ml (1 1/2 tbsp) of chopped thyme. Mix in eggs, salt, pepper.
2. Place turkey on cutting board and with sharp knife cut a deep pocket horizontally, being careful not to cut through other side. Pocket should be about 6 cm (2 1/2 inches) long and 3.5 cm (1 1/2 inches) deep. Spoon in stuffing.
3. Wrap foil around open end of turkey and use butcher's twine to secure lengthwise and then widthwise. Rub turkey with remaining chopped thyme, rosemary and parsley, salt and pepper and transfer to a roasting pan. Roast turkey for 30 to 40 minutes or until an instant-read thermometer registers 75 C (165 F). Remove from oven and let rest for 10 minutes before slicing. **THE CANADIAN PRESS/ CHEF JOHN CIRILL**

## Ingredients:

- 1 turkey breast (1 to 1.5 kg/2 to 3 lb)
- 500 ml (2 cups) cubed bread pieces (crusts trimmed)
- 1 onion chopped
- 2 stalks celery, diced
- 2 apples, peeled, cored and chopped
- 8 freshly chopped sage leaves
- 22 ml (1 1/2 tbsp) freshly chopped thyme, divided
- 2 eggs, beaten
- Salt and pepper, to taste
- 15 ml (1 tbsp) each freshly chopped rosemary and parsley

## Drink of the week

### Pear & Cranberry Bellini

- 45 ml (1 1/2 oz) pear nectar or pear puree
- 45 ml (1 1/2 oz) cranberry juice
- Sparkling wine
- Pomegranate seeds, for garnish

In a cocktail shaker, with ice, combine pear nectar and cranberry juice. Shake well to chill. Pour into a Champagne flute, top with sparkling wine and garnish with a sprinkle of pomegranate seeds. Serve immediately. **THE ASSOCIATED PRESS/ SENSES.CA**








# Revise courses to fit the reality

**Former student asks educators to listen up** **Says more attention needs to be paid to relevancy of all courses**

## STUDENT VOICE

ELLE KAMENSKY
TALENTEGG.CA

In 2006, I applied to the Human Resources program at George Brown College. I thought I wanted to be a social worker or a psychologist. Criminology and law also interested me, but I got discouraged by friends and family.

I never imagined myself getting into business because it completely disinterested me. However, with HR slowly becoming more popular, I thought it would be a perfect job because of the human element, combined with business.

I did two and a half years at George Brown and then transferred to Ryerson University to complete my HR degree (another 2.25 years). My options were clear-cut: HR could be in any company, dealing with any aspect of employment!



▶ Elle Kamensky advises students to do some serious research before choosing what program to spend their money and time on.

What every one of my professors failed to mention, though, is this thing called "reality".

It is increasingly difficult to get into entry-level HR. Large companies do not have large HR departments. This means a lot of the students who are churned out every year end up being jobless, going back to school or finding work that is not within their field.

My former classmates are going through similar HR experiences. Recruiters tell me entry-level HR roles are as hard to pin down as Big Foot. Hiring managers are demanding skills not taught in either college or university. There appears to be a large discrepancy between the real jobs out there and what our post-secondary institutions insist we are taught.

Many post-secondary institutions should conduct audits and revisions of their programs. I wasted time and money re-taking unnecessary courses instead of gaining experience, which is what matters to employers. There are many programs which make certain courses a priority, when in fact they fail to administer them properly or take into account that they are simply not necessary.

My best advice for students in post-secondary institutions is to research, research, research. Do not simply apply for a program you think you like and assume you will know what to do by the end of it.

Instead, research the program you want to enter at every institution you are interested in attending, then do some real research online or at a library to find out your actual chances of getting a job. Never underestimate what you see on job boards, as that is what employers are after, so make sure you know what skills you have to acquire in your next four years.

**Where Elle is now**
I am still searching for an entry-level HR position. I learned a great deal about myself through this experience and found the inspiration to start my own site, at under-graduatelife.info.

**TALENTEGG.CA, CANADA'S ONLINE CAREER RESOURCE FOR STUDENTS AND RECENT GRADS, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.**

### What I learned

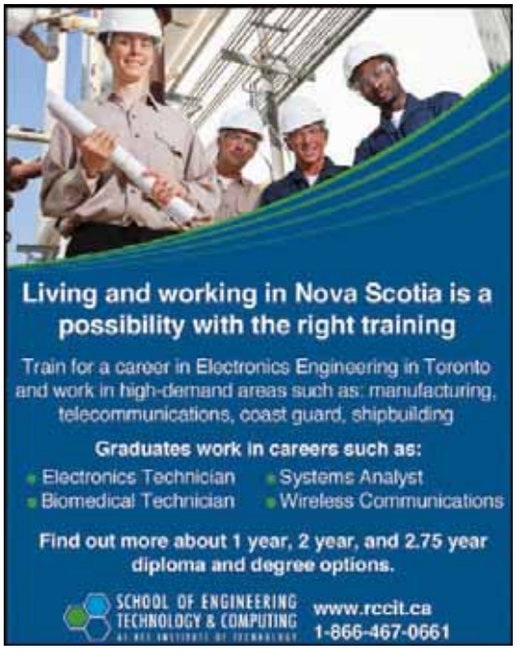
**Key take-aways from Elle's experience**

- Research the labour market before you apply to college or university, or for post-graduate education – if possible, align your goals with a profession that is in-demand
- Avoid taking courses you're not interested in unless they are required to complete your degree









## Here's to a healthy new year

If you feel large, lethargic and lazy after the holidays, take heart — most of us do. And if you, too, are determined to clean up your health in 2012, here's how to get started.

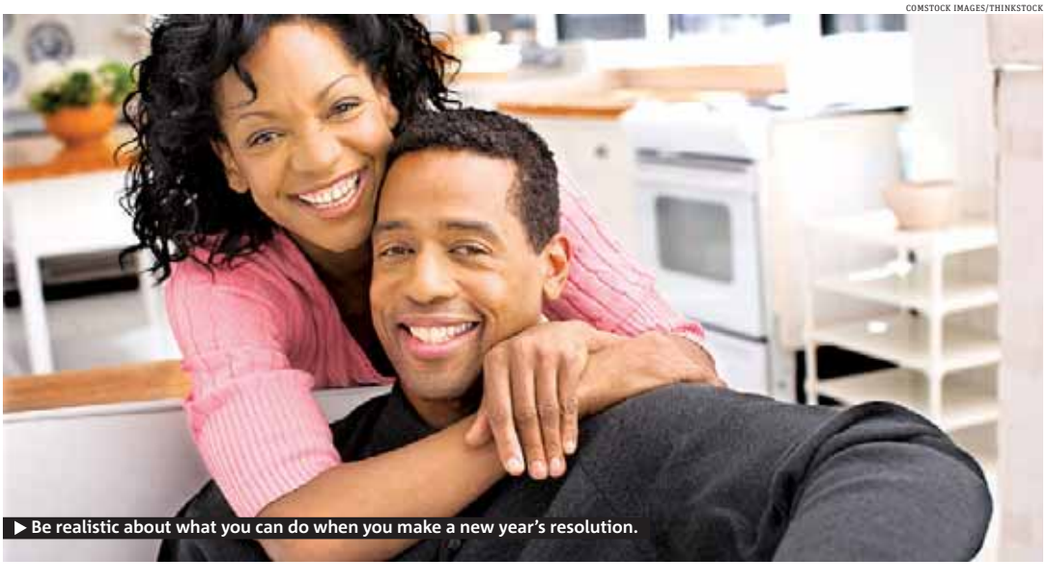
**Go cold turkey**
"Start a diet where you don't restrict how much you're eating. but more what you're eating," suggests Dr. Natasha Turner, a Toronto-based naturopathic doctor and author of The Supercharged Hormone Diet. She suggests removing foods from your diet that can cause you to overeat and feel bloated.

**Build a better diet**
From there, add healthy options including plenty of lean proteins and healthier carbohydrates such as sweet potatoes and quinoa. Also, try supplements such as vitamin D and fish oils to lower your insulin.

**Add in exercise**
For the first month, Turner suggests exercise newbies stick to yoga and walking for activity. Then add strength training exercises using your own body — think push-ups, squats and lunges — plus some cardiovascular activity.

ASTRID VAN DEN BROEK

COMSTOCK IMAGES/THINKSTOCK



▶ Be realistic about what you can do when you make a new year's resolution.

# Life is a balancing act

## Put yourself first as you maximize your special qualities and attributes

PAULINE ANDERSON
FOR METRO

To strike a better work/life balance this year, ask yourself what you can do to "declutter" or make improvements in each of your personal "rooms" — the emotional, physical, mental and spiritual parts of your life.

That's the advice of Cate Collins, CEO of Powerful Journey Consulting and a Pilates instructor at the YMCA in Durham, Ont. She gives the example of letting go of old resentments or slights you may be harbouring in the emotional part of your life. This, she says, might involve learning to forgive — yourself or someone else.

Here are some of Collins' other helpful tips for a more balanced life:

**Initiatives**

**More and more companies are jumping on the work/life bandwagon. Here are some employer initiatives that may help balance your life:**

- Fitness facilities, or fitness membership assistance.
- Flexible work arrangements.
- On-site seminars and workshops (on such topics as stress).
- On-site childcare.
- Seasonal childcare programs (i.e. March break activities).
- Parental leave for adoptive parents.
- Leaves of absence policies (i.e. educational leave).
- Educational or training opportunities.

▶ Put yourself first. Women tend to put the needs of their significant other and their children ahead of their own needs, whereas men tend to sacrifice themselves at work in order to get ahead. "We're a three-tiered fountain," says Collins. "We have to remember that the middle and bottom tiers get filled up with waters overflowing from the top. The more I'm grounded and anchored in myself, and connected to what I need, the more I feel fulfilled, and then the more those around me benefit."

▶ Resolve to make a change for only 21 days. If you want to get more active, for example, this is more "doable" than vowing to keep it up for an entire year. And when you reach that first goal, do it again.

▶ Be realistic about what you can do. Don't resolve to start weight lifting every night before bed if that doesn't suit your lifestyle. Maybe an exercise routine in the morning, before work, is best for you.

▶ Remember that being active is as much a habit as being inactive. It's just a matter of getting into a healthier, more balanced routine. Ask yourself what you can do differently to attain that goal.

▶ Maximize who you are. Every one has special qualities and attributes that make them unique. "All too often, people get overwhelmed by their lives; they get stressed and lose their way," says Collins. "Make sure that you leave your imprint."

## Find the right spot

Hmm … are you drowning in leftover gift bags, scrambling to find room for holiday decorations and determined to declutter your children's playroom? If you are looking to start the new year on a better organizational foot, Jacki Brown, the Trenton, Ont.-based president of the Professional Organizers of Canada, shares her tips on getting organized in 2012.

**Getting started**
Make a goal and ensure you are doing it for yourself — not your spouse for example, so you will actually want to do it. Follow that with a plan. That might be as simple as putting together a cleaning schedule, or setting a specific night every week to do the bills.

**Use little steps**
"Start with something small such as a drawer or a shelf if you're organizing your home," says Brown. Otherwise, projects seem too daunting to tackle.

**Look for solutions**
If making those bill payments is your 2012 struggle to overcome, find solutions to make your goal easier to achieve, suggests Brown. "So, for example, look for automated billing or equalizing payment options," she says.

ASTRID VAN DEN BROEK

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4 sports

Quoted



**"No one wants to get sent down. No one wants to leave the NHL. This is it for us. The reality is the team is not doing quite as well as we hoped and expected. I feel myself I'm capable of more. ... This isn't a time to go down and pout. I see it as an opportunity to get better."**

PORTERS LAKE NATIVE ANDREW GORDON, WHO WAS REASSIGNED TO THE AMERICAN HOCKEY LEAGUE'S SYRACUSE CRUNCH ON SUNDAY AFTER STARTING THE SEASON IN THE NHL WITH THE ANAHEIM DUCKS. THE 26-YEAR-OLD FORWARD, AND FORMER AHL ALL-STAR, HAD TWO GOALS AND THREE ASSISTS IN 37 GAMES.

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RYAN TAPLIN/METRO FILE



▶ Rainmen guard Joey Haywood, left, posted 23 points to lead his team to a win over the Miracles on Tuesday.

# Rainmen debunk Miracles in Moncton

## Halifax club hopes win against Miracles starts new winning streak
## Second-place club returns home on Saturday to host Saint John



MATTHEW WUEST
@METRONEWS.CA

The Halifax Rainmen didn't waste any time getting back in the win column.

Three days after having their franchise-record nine-game winning streak snapped by the National Basketball League of Canada-leading London Lightning on Saturday, the Rainmen paid a visit to the last-place Moncton Miracles on Tuesday and stormed to a 101-91 win to improve to 13-5.

A strong start carried the Rainmen to the win, as they jumped out to a 23-14 lead after the first quarter and expanded that cushion to 10 points at halftime.

"We started with intensity and coach told us we've got to play defence, that's how we win the game," said Rainmen guard Joey Haywood, who led the way with a 23-point, three-steal effort. "We really focused on that."

Forward Tyrone Levett continued his strong play with 18 points and leading scorer Lawrence Wright contributed 16. Nobody else hit double figures, although point guard Taliek Brown had nine points, five steals and four assists.

The Rainmen are in the midst of a chaotic 12-game month, their busiest stretch of the season. Already 3-1 in January, they have eight games remaining.

"Right now we're not getting a lot of rest but we're really playing hard," said Haywood, a former Saint Mary's Huskies star from Vancouver. "That's a lot of games and we have to stay strong mentally."

The Rainmen, who are 7-1 against Maritime opponents, are two games behind London (16-4). They host the fourth-place Saint John Mill Rats (9-11) on Saturday at 7 p.m.

## QMJHL

**STANDINGS**

| | W | L | O | P |
|---|---|---|---|---|
| *SAINT JOHN (5) | 31 | 12 | 2 | 64 |
| *QUEBEC (3) | 29 | 8 | 5 | 63 |
| *B.-BOISBRIAND | 22 | 17 | 3 | 47 |
| SHAWINIGAN (6) | 29 | 10 | 4 | 62 |
| VICTORIAVILLE | 26 | 15 | 2 | 54 |
| **HALIFAX** | **24** | **13** | **4** | **52** |
| RIMOUSKI | 25 | 20 | 0 | 50 |
| BATHURST | 22 | 19 | 4 | 48 |
| CHICOUTIMI | 20 | 14 | 8 | 48 |
| BAIE-COMEAU | 20 | 16 | 4 | 44 |
| MONCTON | 20 | 19 | 4 | 44 |
| GATINEAU | 18 | 18 | 7 | 43 |
| VAL-D'OR | 18 | 21 | 4 | 40 |
| DRUMMONDVILLE | 17 | 21 | 5 | 39 |
| CAPE BRETON | 16 | 24 | 1 | 33 |
| R.-NORANDA | 14 | 27 | 2 | 30 |
| P.E.I. | 12 | 26 | 4 | 28 |

*— DENOTES DIVISION LEADER; NATIONAL RANKING IN PARENTHESES

### UPCOMING GAMES

- Thursday, Drummondville. at Halifax, 7 p.m.
- Friday, Chicoutimi at Halifax, 8 p.m. (Sportsnet)

### SCORING LEADERS

| | GP | G | A | PTS |
|---|---|---|---|---|
| O'BRIEN, BAT. | 44 | 37 | 40 | 77 |
| GOURDE, VIC. | 43 | 24 | 50 | 74 |
| TRUDEAU, BAT. | 45 | 20 | 52 | 72 |
| BISSONNETTE, BAT. | 45 | 33 | 35 | 68 |
| DUFFY, P.E.I. | 42 | 24 | 35 | 59 |
| PHILLIPS, S.J. | 38 | 22 | 37 | 59 |
| GRIGORENKO, QUE. | 36 | 25 | 33 | 58 |
| ROY, QUE. | 40 | 18 | 39 | 57 |
| BELZILE, RIM. | 42 | 14 | 42 | 56 |
| GAUTHIER, S.J. | 43 | 33 | 22 | 55 |

## NBL Canada

**STANDINGS**

| | W | L | Pct | GB |
|---|---|---|---|---|
| LONDON | 16 | 4 | .800 | — |
| **HALIFAX** | **13** | **5** | **.722** | **2.0** |
| QUEBEC | 15 | 8 | .652 | 2.5 |
| SAINT JOHN | 9 | 11 | .450 | 7.0 |
| SUMMERSIDE | 8 | 12 | .400 | 8.0 |
| OSHAWA | 7 | 16 | .304 | 10.5 |
| MONCTON | 4 | 16 | .200 | 12.0 |

### TUESDAY'S NIGHT

Halifax 101, Moncton 91

### UPCOMING GAMES

- Saturday, Saint John at Halifax, 7 p.m.
- Thursday, Jan. 19, Halifax at London, 8 p.m.

CHRISTIAN PETERSEN/GETTY IMAGES FILE



**"I'm obviously a little disappointed, I wasn't expecting as many games as I got, but that's the decision, and now I have to move on."**
BRAD MARCHAND

# Marchand not worried about reputation

Brad Marchand grabbed the spotlight on Tuesday in the aftermath of his five-game suspension for clipping Vancouver Canucks defenceman Sami Salo on the weekend.

The 23-year-old Boston Bruins forward from Hammonds Plains spoke to reporters in Boston and also discussed the incident in detail in a blog post on ESPN.com as part of an ongoing diary series.

He responded to the Canucks' Kevin Bieksa's comment that the Bruins "tend to do stupid things."

"We play stupid? Yeah, no," Marchand said in an interview with Comcast New England. "Smart enough to win a cup."

Marchand, whose Bruins beat the Canucks in last year's Stanley Cup Final, also responded to a comment from Vancouver coach Alan Vigneault that he was "going to get it."

"They are threatening," Marchand said of Vigneault's words. "It sounds like it's a threat, but whatever."

The former QMJHL standout has 16 goals and 16 assists in 37 games this season. He said in the ESPN blog he was trying to "protect himself" on the play and that it wasn't clipping because he did not hit Salo "at the knees."

As for the perception that he's a dirty player, Marchand wasn't worried.

"I don't care what people who don't know me and I don't know them and they have no meaning to me, I don't care what they say," he told ESPN. "I don't really care what my reputation is." MATTHEW WUEST

# No more moves?

## With retooled bullpen, Blue Jays GM says off-season shopping probably done

After a busy off-season, the general manager of the Toronto Blue Jays says he's probably done tinkering with the roster for now.

Speaking at a winter caravan stop in his hometown of Montreal, Alex Anthopoulos said he does not expect to make any more significant changes to the club's roster ahead of spring training.

Anthopoulos has been active in recent weeks, overhauling the team's bullpen and making a few additions to strengthen the bench.

He said the team as it stands now is likely the one fans can expect to see when camp opens next month in Dunedin, Fla.

"I think we've filled all the positions, but there are always areas to improve,"

**"Acquiring Sergio Santos gives us that ninth-inning guy that we can bridge to."**
**MANAGER JOHN FARRELL**

Anthopoulos said Tuesday. "I wouldn't anticipate any free agent signings anymore at this point ... there's some focus on the trade market but as we sit here today, I don't see us doing anything else between now and spring training."

But as always, Anthopoulos noted, "that can change with one phone call."

The team added veteran left-hander Darren Oliver to the bullpen mix on Monday. Toronto also acquired closer Sergio Santos and brought back reliever Jason Frasor in separate deals with the White Sox earlier in the off-season.

Anthopoulos has also retooled the Jays bench, notably with the additions of outfielder Ben Francisco and backup catcher Jeff Mathis.

Last season, the Jays had a deep lineup that finished in the top five in runs scored but they also had an erratic bullpen. Toronto finished fourth in the American League East with an 81-81 record.

Manager John Farrell said he likes the depth in the outfield with the only question mark being who will start in left field: Eric Thames or Travis Snider.

But having a group of relievers with defined roles in 2012 should help, he said. **THE CANADIAN PRESS**

**College.** Football



▶ The Alabama football team arrives at Tuscaloosa Regional Airport on Tuesday.

THE ASSOCIATED PRESS/THE BIRMINGHAM NEWS

## Alabama welcomes champs home

**Alabama's NCAA championship football team returned home Tuesday to a state where the Crimson Tide's BCS victory over LSU had special meaning after last year's deadly tornado outbreak. Hundreds cheered at Tuscaloosa's airport as the team arrived from New Orleans on two charter jets. Fans stood with umbrellas and red-and-white shakers in a steady rain just a few miles from neighbourhoods devastated by a tornado that killed more than 50 people in the city, including several students.**




*No purchase necessary. Contest closes January 31st, 2012. Open to residents of Canada who have reached the age of majority in the province or territory in which they reside as of the last day of the month prior to the date of entry. One (1) grand prize is available to be won with an approximate retail value twelve thousand two hundred and fifty dollars ($12,250 CDN), and five (5) prize packs are available to be won with an approximate retail value one hundred and eighty dollars ($180 CDN) each. Mathematical skill-testing question required. Odds of winning depend on total number of eligible entries received by the contest closing date. Winner and guest must be prepared to travel to Helsinki, Finland on May 3rd to May 6th, 2012.

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## Powerplant option 1

The Malibu's starting point is a new base 2.5-litre four-cylinder that produces an estimated 190 horsepower and 180 pound-feet of torque.

That's up from the previous 2.4-litre four-cylinder's 169/158 rating. The new 2.5 operates through a six-speed automatic transmission.

## Powerplant option 2

The second offering is the General Motors' eAssist limited hybrid system, similar to that used in the 2012 Buick LaCrosse and Regal.

This "Eco" model consists of a 182-horsepower 2.4-litre four-cylinder gas engine working in tandem with a 15-horsepower electric motor/generator (with 110 pound-feet of torque) and six-speed automatic transmission. The motor replaces the traditional alternator, assisting the engine via a belt with power supplied by a lithium-ion battery pack located behind the rear seat.

## Eco technologies

The battery contributes about 30 kilograms to the Malibu's weight, but the Eco's aluminum hood and rear bumper beam (and other measures) slice a reported 60 kilograms from the car's total.

Other Eco technologies include stop/start that shuts off the engine when the vehicle is at rest, then fires it up when the brake pedal is released.

As well, a system recovers braking energy and converts it into electrical energy to help recharge the batteries.




▶ Even though it will be sold in countries with narrow streets, the new Malibu is about eight centimetres wider than the previous model.

# Chevy Malibu poised to make some waves

MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

From the Atlantic to the Pacific Ocean and beyond, the next-generation Malibu aims to make waves on a truly global scale and shore up the Chevrolet brand in every continent short of Antarctica.

Arriving in early 2012, the new Malibu is a direction-changing model in nearly every sense, from its appearance to its powerplant choices that emphasize fuel efficiency.

But what does that mean to you?

It sheds about 11.5 centimetres between the front and rear wheels, but is slightly taller and nearly eight centimetres wider.

Along with a broader stance, the result is added interior volume, especially front and rear shoulder and hip room.

In addition, the amount of available trunk space has also been increased.

The previous Malibu was no slouch, yet the new car takes that up a notch in terms of style and fuel economy.

It doesn't qualify as spectacular, or jaw dropping, but that seems to be the norm in the mid-size-sedan class.

But with the competition so stiff, offering up something exciting and jaw dropping might not be far off so as to create a car you not only like, but one you fall in love with.

The new Malibu is certainly a step closer.



▶ The Malibu Eco's battery pack is located to the right, blocked off where a passthrough would normally be.



▶ The interior has what Chevrolet calls a dual cockpit layout with the driver and passenger separated by a sweeping centre console and wrap-around dash and door panels.

### 2013 Malibu



**What you should know about the 2013 Chevrolet Malibu:**

- **Type:** Four-door, front-wheel-drive mid-size sedan.
- **Engines (hp):** 2.4-litre DOHC I4 (190, est.); 2.4-litre DOHC I4 (182)/electric motor (15).
- **Transmission:** Six-speed automatic.
- **Market position:** Nearly every automaker produces one or more mid-size sedans, which makes the field crowded and very competitive. The Malibu has picked up its socks over the past few years and has become a top-rung player.
- **Mileage:** L/100 km (city/hwy) 8.3/5.4 (2.4 Eco, est.).

5 drive

### By comparison

**Ford Fusion**
Base price: $21,600
Roomy sedan looks stylish, Hybrid delivers exceptional fuel economy.

**Toyota Camry**
Base price: $25,300
All-new-2012 model tops the charts. Hybrid model keeps getting better.

**Hyundai Sonata**
Base price: $24,300
One of the most stylish cars around. Hybrid version stretches fuel dollars.

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# Oil: Your engine's most important component

**With so many types on the market, which is best for you?**

## DRIVING FORCE

JIL McINTOSH
DRIVE@METRONEWS.CA

Oil is the lifeblood of your vehicle's engine. It lubricates moving parts, helps keep the engine cooler, inhibits rust and corrosion, and reduces wear.

Without oil, an engine will only run for a few minutes before suffering damage.

"There are different grades of oil for different applications," says Tony Fallico, Quality Services and CI Manager for Wakefield Canada.

"The grade also depends on climate. Multi-grade oils are formulated to protect the engine from friction and wear under temperature extremes, such as winter and summer."

Oils are classified by their viscosity, indicated by numbers. Low numbers indicate thinner oils that will remain fluid in the cold, which provides better protection when the engine is started on icy mornings. Higher numbers are thicker oils that retain their protective properties when hot.

Refineries produce base oils of various viscosities, which are then blended in the correct proportions for each use.

While these blends cover a range of temperatures, their percentage of thinner or thicker oils determines their optimum use.

"The lower the number before the W, which stands for winter, the better the engine protection at start-up in cold climates," Fallico says.

"The higher the number after the W, the higher its viscosity at engine operating temperature. This can make a lot of difference in protection when you are stuck in traffic on a hot summer day."

Thinner oil rated at 5W-30 will generally be appropriate for winter use in average climates, while thicker 10W-40 offers better friction protection at higher temperatures.

There are also grade extremes such as 0W for very cold climates or 60 for very hot ones, and heavier-duty blends such as 15W-40 for commercial-duty trucks.

Base oil comes from crude oil, which is distilled into four products according to their boiling points. The lowest grade is asphalt, which does not boil, followed by base oil, diesel and home heating oil, and at the top, gasoline.

The base oils are then further separated by their individual boiling points, which represent the higher and lower viscosity grades.

A bottle of engine oil is about 80 per cent base oil, with the rest made up of various additives including dispersant, detergents, anti-wear agents and antioxidants, all of which help to keep the engine clean and running smoothly.

### Oil facts

- The gasoline combustion that makes an engine work also produces acids that can eventually damage the metal. Engine oil contains alkaline additives that neutralize these acids and reduce the harm.
- Auto manufacturers usually recommend the most appropriate oils for their engine. Check your owner's manual to see what you should use.

**Photo courtesy of Wakefield Canada**

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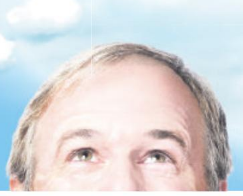
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# Hyundai brand gets another big boost

## Elantra wins North American Car of Year Range Rover Evoque notches truck honour

The Hyundai Elantra edged out the Ford Focus and Volkswagen Passat Monday to win the 2012 North American Car of the Year award.

The prestigious industry award was announced at the start of the North American International Auto Show in Detroit, which hosts media previews this week and opens to the public on Saturday.

The Land Rover Range Rover Evoque won the North American Truck of the Year, beating the BMW X3 and Honda CR-V.

Jaguar Land Rover North America President Andy Goss said it's a tremendous honour and humbling for the company, which has had finalists but never a winner in the 19th annual independent awards program.

"We're going to market the hell out of this," said a smiling Goss on a stage above the four-cylinder sport-utility vehicle. The U.S. is the world's largest Range Rover market.

Fifty automotive journalists voted on the winning vehicles from a group of finalists, and the vehicles must be all new or substantially changed to be eligible.

Organizers accept no advertising, though automakers capitalize on the marketing value of the honours.

Hyundai sold more than 186,000 Elantras last year, nearly a 41 per cent increase over 2010 figures.

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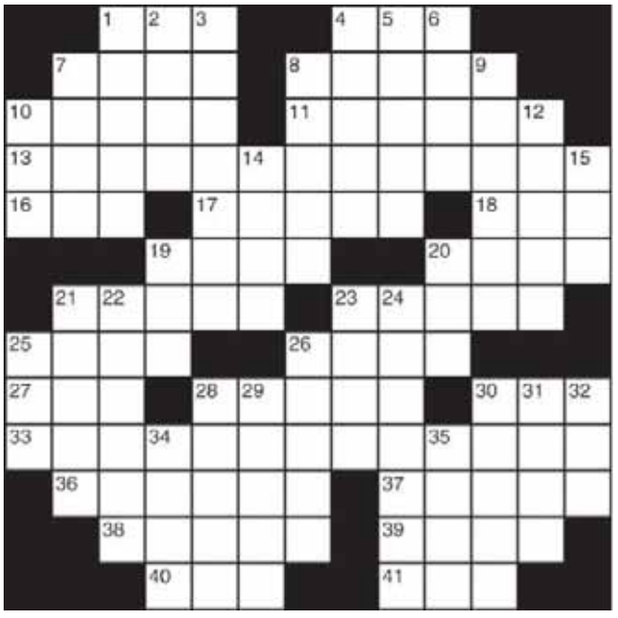
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## Crossword



**Across**

1 After-hours bank (Abbr.)
4 Bribe
7 Roundish hairstyle
8 Eye-related
10 Extraterrestrial
11 Lowest point
13 Does hard labor
16 Shelter
17 One with a burden
18 Wildebeest
19 Pod dwellers
20 Appear
21 Get more ammo
23 Tooth buyer?
25 Vegan's no-no
26 Wall Street wheeler-dealers, for short
27 Ahs' mates
28 Prickly plant
30 Carnival city
33 Pecks
36 Do as you're told
37 August forecast
38 Out of bed
39 Belligerent god
40 Encountered
41 Wife's address

**Down**

1 Blazing
2 "Star —"
3 Nessie, e.g.
4 Wheel radius
5 Playful water critter
6 Pocket bread
7 Lotion additive
8 Last write-ups
9 Eccentric old gent
10 Piercing tool
12 1-Across offering
14 Clay-rich soil
15 Wrigley product
19 Butter square
20 Family member, briefly
21 Place to recover
22 Spring holiday
23 Gratis
24 "—, Martin and John"
25 Larry's pal
26 "American Idol" alumnus Clay
28 World-weary
29 Construction connector
30 Singer LeAnn
31 Eye part
32 Peculiar
34 Doorstop, often
35 "Perry Mason" star

▶ Tuesday's answer



## Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | | | | | | | 5 | 3 |
| 9 | 4 | | 7 | | 8 | | | 2 |
| 6 | | | | 2 | | | | |
| | 9 | | | | 4 | | | |
| 3 | | 4 | | | | 8 | | 1 |
| | | | 5 | | | | 2 | |
| | | | | 5 | | | | 6 |
| 4 | | | 2 | | 7 | | 8 | 9 |
| 5 | 7 | | | | | | | 4 |

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Tuesday's answer ▶

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 1 | 5 | 3 | 7 | 9 | 8 | 6 | 4 |
| 4 | 6 | 9 | 8 | 2 | 5 | 3 | 1 | 7 |
| 3 | 7 | 8 | 4 | 6 | 1 | 5 | 2 | 9 |
| 1 | 3 | 2 | 5 | 4 | 8 | 9 | 7 | 6 |
| 7 | 5 | 4 | 6 | 9 | 3 | 2 | 8 | 1 |
| 8 | 9 | 6 | 2 | 1 | 7 | 4 | 5 | 3 |
| 9 | 8 | 3 | 1 | 5 | 6 | 7 | 4 | 2 |
| 5 | 4 | 1 | 7 | 3 | 2 | 6 | 9 | 8 |
| 6 | 2 | 7 | 9 | 8 | 4 | 1 | 3 | 5 |

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*Heartbreaker*
*He told me he would never forget me. That first glance, his face is frozen in time. He told me he loved me. Whispered into my neck, crying for us & them, though he did not cry often. Now I'm a stranger to him. Someone he used to know. I know it can't be any other way. Still my heart aches for him. Still, I would forgive him for erasing me from his memory if only to hear his voice once more.*
**FROM HEARTBROKEN**

*Telergy*
*We might having a same time to kiss each other it's no necessarian to say anything break both hearts those were beared a kiloton ever...do not love it's hurt.*
**FROM JIM**




## Today's horoscope

*For today's crossword answers and for expanded horoscopes, go to metronews.ca*

**♈ Aries March 21-April 20**
What seems of no importance to you may be of earth-shattering significance to someone else, so don't dismiss their worries out of hand.

**♉ Taurus April 21-May 21**
You should be out in the world making things happen.

**♊ Gemini May 22-June 21**
Whatever happens today, be it good or be it bad, don't let your emotions get the better of you.

**♋ Cancer June 22-July 22**
You have no choice but to accept that partners and colleagues have the upper hand.

**♌ Leo July 23-Aug.23**
Yes, you can get angry and bawl someone out — they certainly deserve it — but will it make any difference in the long-term?

**♍ Virgo Aug. 24- Sept. 22**
Some topics are best avoided today.

**♎ Libra Sept. 23-Oct. 23**
You may be thinking of changing something in your life, but is it really necessary?

**♏ Scorpio Oct. 24-Nov. 22**
If you are in any way artistic now is the time to create something special. It is also the time to make sure that the world can see how talented you are. Sometimes you can be too modest for your own good.

**♐ Sagittarius Nov. 23-Dec. 21** The decisions you make today must be logical and practical — otherwise they could come back to haunt you on the 20th.

**♑ Capricorn Dec. 22-Jan. 20**
A problem that has been causing you sleepless nights must be dealt with immediately,

**♒ Aquarius Jan. 21-Feb. 18**
Cosmic activity in the most sensitive area of your chart could make this a confusing sort of day, but don't let it worry you because nothing bad will come of it. However, decide not to take any major decisions.

**♓ Pisces Feb. 19-March 20.**
There is no need to worry if you have not seen eye-to-eye with a loved one in recent weeks. What happens today will give you the chance to explain yourself and soon everything will be back to normal again.

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## Caption contest

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33 MPG



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